



Sandusky County Department of Public Health

“Serving Fremont, Clyde and All of Rural Sandusky County”

David G. Pollick, MA and Ed
Health Commissioner

FOR IMMEDIATE RELEASE

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Contact: David Pollick, Health Commissioner
419-334-6377

Swine Flu Advisory

The following information details the facts regarding the swine flu case in Ohio.

1. There has been one confirmed case of swine flu in Ohio. It is in Lorain County, and patient is considered to have a mild case of the disease and is recovering at home.
2. Symptoms of the swine flu virus include:
 - Fever (greater than 100 degrees)
 - Sore throat
 - Cough
 - Stuffy nose
 - Chills
 - Headache and body aches
 - Fatigue
3. The Sandusky County Health Department is advising the public to contact their primary care physician if they, or a family member, are experiencing any of these symptoms.
4. According to recommendations from the Centers for Disease Control and Prevention (CDC), all health care providers who see patients with flu-like symptoms should have nasopharyngeal swab samples from the patient tested.
5. Recommendations from the Ohio Department of Health and the Center for Disease Control include:
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
 - Try to avoid close contact with sick people.
 - If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

General Offices and Clinics
2000 Countryside Drive
Fremont, Ohio 43420
(419) 334-6377
FAX (419) 334-6380



www.sanduskycohd.org

Home Care Programs
2000 Countryside Drive
Fremont, Ohio 43420
(419) 334-6191

AN EQUAL OPPORTUNITY EMPLOYER/PROVIDER

6. Because this combination of strains of the influenza virus is new, ODH and local health departments remind Ohioans of the precautions they should take to avoid exposure. As with all newly emerging flu strains, no vaccine has yet been developed.
7. This is NOT a food borne illness. Swine flu cannot be contracted by eating pork products.
8. The Sandusky County Health Department is maintaining constant surveillance and will issue updates as new information is available.
9. For further information you can visit www.odh.ohio.gov or call 1-866-800-1404.